Oda gives us a refund

International Development Minister Bev Oda pays back taxpayers for some of the expenses incurred during a stay at one of London's poshest hotels PAGE 10

HOW TO LOOK LIKE A VIKING GOD

THOR'S PERSONAL TRAINER ON HOW TO GET THAT CHISELLED LOOK PAGE 16

VANCOUVER metro®

Tuesday, April 24, 201

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CALLING ALL SUPERHEROS

They're real and they're masked, where it's legal. With numbers nearing 600, real-life superheroes are making their rounds in communities across Canada and the United States, preventing — and in some cases fighting — crime and performing acts of charity. Metro takes a look into their world. Story, pages 8-9. PETER TANGEN/FOR METRO

Minister slams gender-selection ads

Advertisements running in B.C. offer service to Indo-Canadian families PAGE 3

What to do with leftover merch?

Businesses struggle to sell Stanley Cup playoff swag due to the Canucks' early exit PAGE 4

Bánh mì for you

Smoothies and sandwiches — with a Vietnamese flavour — make the perfect pair at DD Mau PAGE 18

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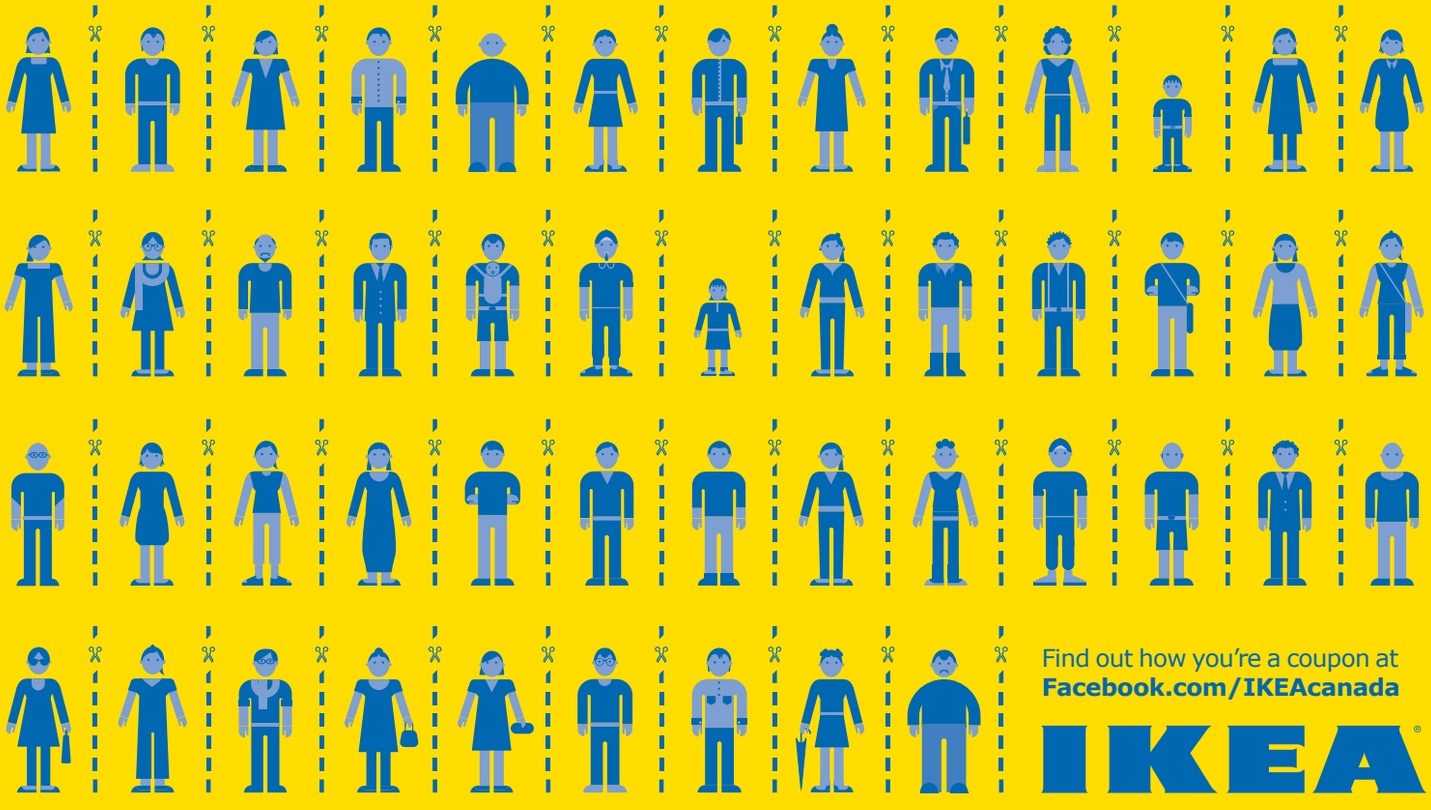

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Gender selection

Cabinet minister slams U.S. ads

The federal cabinet minister responsible for the status of women is condemning advertisements running in B.C. that offer gender selection for couples wanting a baby.

Rona Ambrose says she's disturbed by the ads that target B.C.'s Indo-Canadian community.

A clinic in Bellevue, Wash., offers pre-conception gender determination services for what the ads call "family balancing purposes."

Ambrose says it's clear the ads are targeting cultural attitudes that perpetuate discrimination against girls.

She says the ads run contrary to Canadian values.

THE CANADIAN PRESS

Animal rights

MLA floats bill to end puppy mills

A B.C. Liberal backbencher has introduced a private member's bill aimed at protecting animals from puppy and kitty mills.

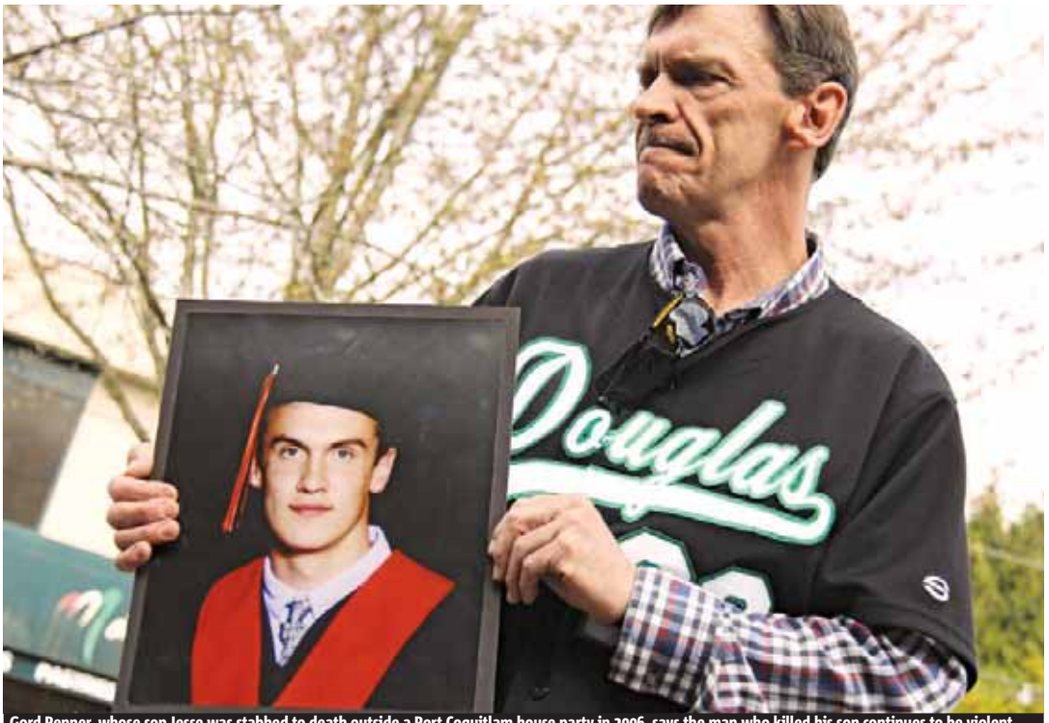
The bill, by North Vancouver Liberal Jane Thornthwaite, includes specific protection requirements for dog and cat breeders in British Columbia.

The measure will ensure that breeders with three or more female dogs or cats are required to meet standards of care in handling and breeding.

Private member's bills are rarely passed by governments, but often influence future laws.

Last week, the Crown approved an animal-cruelty charge against Robert Fawcett, the former general manager of Howling Dog Tours, in the deaths of 54 sled dogs.

THE CANADIAN PRESS



Gord Penner, whose son Jesse was stabbed to death outside a Port Coquitlam house party in 2006, says the man who killed his son continues to be violent while in prison. PHYLICIA TORREVILLAS/METRO

Still no closure for stabbing victim's kin

Family outrage. Father worried about violent nature of his son's killer

PHYLICIA TORREVILLAS
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Gord Penner says he is still seeking answers in his son's stabbing death and the criminal-justice system should do more to help victims.

Penner's son Jesse, 20, was stabbed to death outside a Port Coquitlam house party in 2006. His son's killer could be released from prison in July without conditions after serving a six-year jail sentence.

He said he is concerned with what will happen after his son's killer, now 21, is released since the young man has not participated in treatment programs to address his violence and substance-abuse issues, and has done violent acts while behind bars.

"It seems we're in a hurry to get the bad guys back on the street, with or without rehabilitation," Penner said. "But there doesn't seem to be any push to help the victims get back and functioning on the streets."

Penner's employment benefits ran out and forced him to go back to work 16 weeks after his son's death.

"There's a limit on the time you get to heal," he said. "My wife was at home for another four months on her own, when she should have been with me. And I really take that as a kick in the face."

Penner said he is still waiting for answers on why the killer, who was 16 at the time, was let out of jail given his extensive criminal record. At the time, the teen was awaiting sentencing in his 10th criminal conviction.

"I want to know why he was on bail when he murdered my son considering his criminal youth history, his mental health and substance abuse," he said. "We want an answer so that we can move on. I go to work every day thinking this kid is going to get released and he's going to do it again."

1 NEWS

On the web

Bulldog has his day

Tyson, a beloved English bulldog, doesn't bite ears like his namesake, boxer Mike Tyson, but he does bear the title of champion. The two-year-old pup was crowned the winner of this year's "Beautiful Bulldog" pageant Monday in Des Moines, Iowa. Full story at metronews.ca.

A real hack job

Estonian hackers' cyber-gremlin could force users offline, warns both the FBI and the Canadian Internet Registration Authority. Full story at metronews.ca.

Mobile news

Tweed-clad protesters upset that Abercrombie & Fitch's laid-back look will be coming to London's Savile Row took to the street Monday. The chain is set to open in the same shop where the Beatles gave their final performance. Scan for the story.

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Drug strategies. Former UN high commissioner praises Vancouver

One of the world's most respected authorities on humanitarian crises has commended local policy makers, health and law experts for challenging the war on drugs.

Louise Arbour, former UN High Commissioner for Human Rights and chief prosecutor for two international criminal tribunals, made the comments Monday at a Board of Trade luncheon at the Fairmont Pacific Rim hotel.

"I'm delighted to see that this important debate is increasingly taking place, and I'm even happier to see that some of the very progressive work in this field is taking place here in Vancouver," Arbour said.

She noted the decade-old fight to keep Downtown Eastside supervised injection site Insite open.

"I can assure you that it doesn't go unnoticed in the broad-based movement to transform a repression-based war on drugs to a public-health-based strategy that many of us believe at least should be experimented upon," said the Montreal native.

Louise Arbour KATE WEBB/METRO

"I think the empirical study, overtime, will overcome the ideological-based policies."

Arbour's wide-ranging speech highlighted the global decline of warfare over the last 20 years and current challenges to international stability, including the increasing prevalence of civilian casualties and the use of killer drones in conflict zones.

KATE WEBB/METRO

Protest. Supporters of slashed youth program call for reinstatement

About 25 supporters of the slashed federal youth-volunteer program Katimavik gathered at Heritage Minister James Moore's Port Moody constituency office Monday to call for the reinstatement of the 35-year-old program.

The protest coincided with one in Ottawa that attracted more than 500 former program participants and supporters.

"I am very disappointed in (the minister's) comments regarding the fact that he felt eliminating Katimavik was the easiest decision he ever made," said former Katimavik volunteer and rally organizer Edward Pullman, referring to a comment Moore made in the House of Commons on April 5.

In 2006 Katimavik reported that each dollar of its roughly $15-million annual budget generated a $2.20 return on investment in communities that worked with volunteers.

Katimavik supporters rally at Heritage Minister James Moore's Port Moody constituency office Monday. METRO/HANDOUT

A spokesman reached Monday said the minister was unavailable to comment, but sent a link to an announcement of renewed funding for a 37-year-old program that brings 315 youths to Parliament each year to learn how the government works.

KATE WEBB/METRO

SkyTrain

Suspect arrested for bear spraying

A man is accused of setting off cans of bear spray inside two cars at Columbia and Scott Road Stations as fans were heading downtown to catch Game 5 Sunday afternoon.

Police managed to track down the suspect. He was arrested on charges relating to assault with a weapon.

MATT KIELTYKA/METRO

Three-car collision

Suspected drunk driver crashes with baby on board

A Langley woman is facing impaired-driving charges after crashing a pickup Thursday with her two-year-old child in the passenger seat, RCMP said Monday.

Samples of the woman's breath showed a blood-alcohol level more than three times the legal limit.

METRO

Aftab Hadi, owner of Vancouver's Granville Sports Corner, says the Canucks' early elimination will negatively affect his bottom line. PHYLICIA TORREVILLAS/METRO

Canucks early exit hits businesses hard

First-round. Vancouver's loss to Los Angeles has store owners wondering how to deal with playoff merchandise

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

Aftab Hadi will be sitting on a bunch of inventory for the next three months after the Canucks' quest for the cup ended in the first round.

Hadi, owner of Vancouver's Granville Sports Corner, said the team's early elimination left him with $150,000 worth of stock merchandise.

"We made our calculations on the basis of last year's performance, but now I'm just calculating how to pay the bills, how to manage the next three or four months," he said.

"I expected them to take us to the second or third round. I made a very huge order and made a full preparation so that people are not disappointed when they come for the jerseys and T-shirts."

Last year, his two stores on Granville Street and in Abbotsford earned $550,000 from the Canucks' long playoff run. Hadi projected his three stores would make around $180,000 during the remaining playoff months. Business was so good last year Hadi opened a third store on Robson Street in July.

He said that since business is slow he will have to let go some of his part-time employees, and added he would start "blow-up sales" in his three locations or try to get other retailers who are short on merchandise to reduce his inventory.

Charles Gauthier, executive director of the Downtown Vancouver Business Improvement Association, said the Canucks' elimination means "missed dollars" for downtown businesses like bars and restaurants.

"It would've been good for another two months of playoff hockey, but at the same time no one counts on that business per se. It's nice if you can get it."

Bottom line

"During the playoff season, if there's a home game, it drops about $2 million into the local economy."

Charles Gauthier, executive director of the Downtown Vancouver Business Improvements Association

'Am I going to have to kill a cop?': Suspect

A female Vancouver police officer was slashed in the face and arm by a distraught suspect brandishing a shard of glass Sunday.

The incident started at 10:30 Saturday night, when residents in the 7300 block of Elliot Street called 911 to report a man wandering around on the street.

Before police arrived, the suspect allegedly banged on the door of a home and yelled, "Why won't you listen to me? Am I going to have to kill a cop?"

The suspect then allegedly smashed the front window of the home and exited out the back door. As two police officers drove up to the scene, they were flagged down by the suspect, who appeared to be a concerned citizen.

Before the female officer in the passenger-side of the cruiser could fully get out of the car, the man allegedly lunged at her and slashed her face and arm with a long shard of glass taken from the shattered window.

The officer driving the cruiser hit the gas and drove away from the suspect, giving both officers a chance to get out of the car and approach the man at gunpoint.

The suspect was taken to hospital where he was treated for minor injuries and allegedly taking the drug acid.

Jared Clifford Smith, 26, has been charged with mischief, uttering threats, two counts of assaulting a peace officer, two counts of assaulting a peace officer with intent to resist arrest and attempting to disarm a peace officer.

MATT KIELTYKA/METRO

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Missing women to cops, ex-911

Missing-women inquiry. Police call-centre worker describes systemic prejudice in force

A former 911 operator alleges uniformed superiors repeatedly brushed off calls reporting the disappearance of sex-trade workers from the Downtown Eastside in the late 1990s, while a civilian clerk agrees there was prejudice across the police force but denies being dismissive herself.

Rae-Lynn Dicks says she was repeatedly told by her sergeants they weren't going to spend "valuable time and money" looking for prostitutes when she worked for the Vancouver Police Department call centre.

She described an atmosphere of rampant bias that considered the women to be "just hookers," which was corroborated by Sandy Cameron, who worked for the missing-women's unit for 22 years.

Dicks said if callers had no fixed address for the person they were reporting missing, the file could get blown off. Cameron added there was an unwritten policy of no body, no homicide.

Emergency operators were often the first line of contact for the public, later being routed to Cameron. "They didn't care. It was systemic. It didn't matter. They were marginalized women. Most of them were aboriginal," Dicks told the missing-women inquiry

One man's rubbish is another man's inspirati

Artist Peter Clarkson displays a portion of a totem pole that he has been building in Tofino. Clarkson is creating the totem out

JONATHAN HAYWARD/THE CANADIAN PRESS

McCann case. Murder charge laid against man long suspected of killing

A man long identified by police as a suspect in the mysterious deaths of Albertans Lyle and Marie McCann has been charged with first-degree murder.

RCMP first named Travis Vader as a person of interest on July 16, 2010, 13 days after the McCanns were last seen alive and the same day their SUV was found east of Edson.

Vader has been in custody ever since on unrelated charges. Police charged him last Friday even though the McCanns' bodies haven't been found.

"As a family, we're all relieved. We've waited a long time for this arrest," Bret McCann, the couple's son, said Monday after RCMP announced the arrest. He said officers told the family about the charges on Friday. Now, they want to find the bodies.

"We still don't know where our parents are," McCann said. "It's a constant gnawing at our insides." THE CANADIAN PRESS

Marie and Lyle McCann vanished in the summer of 2010. CONTRIBUTED

‘just hookers’ operator says

on Monday. “As far as I was getting from the department, I was told to ‘stop being a bleeding heart,’ ‘grow up, these people are scum of the Earth.’”

The pair both took calls from family members of women who were vanishing at the same time serial killer Robert Pickton was hunting sex workers in the impoverished neighbourhood.

The women said officers would mock prostitutes around the office. But Cameron denied making callous remarks herself when speaking to family members of missing women, although several family members have told the inquiry that was their experience with her.

Among them, the mother of missing woman Tanya Holyk complained in 1997 that Cameron had called her daughter a “coke head” who had abandoned her child, and then threatened to call social services to take the baby away.

Cameron, who is now retired, teared up several times speaking about her work. She admitted she did refer to a woman as a “hooker, oops sorry, sex trade worker” in an email in 1999.

But she said she expressed great frustration that the force appeared to regard the unit as a low priority.

“I was in there for 22.5 years. Not everyone that I spoke to was polite to me and quite possibly I wasn’t polite to them. But I would never make derogatory statements of any nature,” she said.

THE CANADIAN PRESS

ion from the sea

of debris that he finds along the beaches in the area and believes some items may have drifted over from the Japanese tsunami.

Special-needs children. Principals, teachers must consult on class makeup

Parts of the legislation that ended a limited teachers’ strike in the province mean teachers and principals must consult each other on how classes are organized and where special-needs children are placed.

Up to now, such consultation wasn’t required unless there were more than three special-needs students in a class and/or when a Grades 4 to 12 class exceeded the 30-student limit.

The education ministry says class composition will now be part of ongoing discussions throughout the year between principals and teachers, not just at the beginning and end of the school year.

Education Minister George Abbott says the requirements are already in effect in good schools, where teachers and principals consult and collaborate on how to support all students.

The ministry says the changes are part of a $195-million Learning Improvement Fund and that eligible teachers will be compensated when there are more than 30 students in a class.

Compensation could include more preparation time, professional-development funding, classroom supplies, extra pay or a combination of these, although typically larger classes such as drama and choir aren’t included.

THE CANADIAN PRESS

The superheroes of your youth may no longer be complete fiction. Across the globe, masked avengers guard the streets to prevent and fight crime. Within a community that seems like a fantasy world, some people have pushed their childhood dreams further. Approximately 600 superheroes, often disguised by costumes, protect their communities in different ways. Alone or with teammates, these men and women patrol the streets of their cities to help those in need, often risking their own lives. We call them:

REAL-LIFE SUPERH

Superheroes, from left, Life, Zetaman, Crimson Fist, KnightVigil, Super Hero, Mutinous Angel, Motor Mouth, Geist, Z, Thantos, DC's Guardian, Phantom Zero, Nyx, Ragensi, Deaths Head Moth, Civitron, Zimmer, Citizen Prime, Dark Guardian and Master Legend.

NADIA FEZZANI
For Metro Canada

Although some might think they're crazy, Real-Life Superheroes (RLSH) are regular people who want to make a difference in the world. They are journalists, teachers, bouncers, business people, truck drivers, cashiers. When they put on their masks or outfits, they become the superheroes they want to be.

Some patrol the streets at night to fight crime. Many raise funds and do charity work for specific causes. Many give aid to those affected by natural disasters. However, one specialty does not limit the causes to which an RLSH contributes.

Surprisingly, documented Real-Life Superheroes have existed since 1969. Until a couple of years ago they were underground, trying not to be noticed. Some superheroes have been active for more than 20 years.

Many RLSH are motivated by their personal experiences. A victim of domestic abuse might raise funds for the cause. And a victim of violent crime might patrol the streets to keep people safe. Some RLSH are seeking fame, others do it for fun.

Whatever the motivation may be, fulfilling the mandate is not an easy task.

Some superheroes work every other weekend, while others patrol three to five nights a week. Several of them have children.

With no financial help, it can be an expensive activity — many superheroes offer water, food and warm clothing to their "wards" who live on the street.

Equipment costs can run high — cameras, walkie-talkies, pepper spray, Tasers.

Costumes — or uniforms, as some call them — are another consideration. Some choose them to be friendly-looking while others want to intimidate law-breakers. Some can't be disguised at all, based on state and local law.

Depending on the danger of what they do, some superheroes must be cautious not to reveal their identities; the suspects they have helped get arrested could seek retaliation.

Does this sound like a job for you?

As Sage Michael reminds us in his book How to Become a SuperHero, not all fictional superheroes have super powers. Batman and Iron Man are the most human personas: Mortal, with strengths and weaknesses.

What is not negotiable: Good values, positive motivation and training for the task. Control and respect are important, too, as many new RLSH sometimes push the limit too far, becoming vigilantes. The goal is to use their strength for the right motives, to respect the law and let authorities do their work.

Quoted

"In 2007 there had been floods in Minnesota, so I bought a lot of supplies to distribute. After dropping them off in two cities, a pastor in Lewiston told me, 'If you can get into Stockton....' They got hit hard. There were mud slides and rock falls. The roads were barely passable. Homes were destroyed and there were several fatalities. The Salvation Army was at the emergency centre with a truck for support. I was also there with a small truck. As I was carrying the bags, I saw a highway patrolman on foot. Being in full costume, I momentarily surprised the officer, and he instinctively put his hand on his Taser. I asked, 'Where can I put these supplies?' He said, 'Ah! Right over here.' I said, 'OK, great! I have a truckload more.' He said, 'Do you want help?' And I said, 'No, sir! I'm a superhero.' And he laughed. I think it was the first laugh he had all day."

Geist.
This superhero devotes his efforts to helping the homeless and those touched by tragedy

In Metro Wednesday

- **Thantos.** Meet Vancouver's very own superhero.
- **Plus:** Female superheroes

In Metro Thursday

- **Super villains vs. Superheroes:** Who are super villains and what role do they play?

More at metronews.ca

- **Geist: The "Green Space-Cowboy" superhero.** Dressed in a long trench coat, cowboy hat and a green scarf covering his face, Geist's costume is often described as "green space-cowboy chic." He focuses his efforts to help those who need it most, the people whose lives have been touched by tragedy and homelessness.

EROES

Get to know your friendly neighbourhood superheroes

From the West Coast to the East Coast, more than 15 RLSH are active in Canada. Some patrol the cities at night to fight crime, help others and provide first aid; others stand against bullying, perform community outreach and champion different causes.

CANADA

PETER TANGEN/FOR METRO

Cross-border showdown. Canadian- vs. American-style superheroes

In Canada, violence is much less frequent than it is in the United States.

For that reason, Canadian RLSH are less likely to fight crime than they are to support social causes.

For example, some make presentations in schools to raise awareness about bullying; others raise funds to support the homeless.

In the United States, superheroes do similar things, but more superheroes will patrol the streets at night, concentrating on violent areas.

Depending on the state they live in, they may carry pepper spray and Tasers, and a few carry guns, which is illegal in Canada.

NADIA FEZZANI/FOR METRO CANADA

Aeon Star — Quebec City

Patrolling at night with his team, Aeon Star wants to "diminish violence and pass the message that anyone can make a difference. We raise funds for foundations that help victims of bullying and walks to schools and parks to make people aware of our availability in case they need help."

NADIA FEZZANI/ FOR METRO

USA

Deaths Head Moth — Norfolk, Va.

With teammates from the Virginia Initiative, "we actively patrol our community and several other cities to prevent violent crimes." They also report crimes to authorities.

NADIA FEZZANI/ FOR METRO

Polarman — Iqaluit

Polarman visits schools to speak to children. "I wanted to help people. I am tired of seeing people always picking on those weaker then themselves, so I vow to fight back against bullies and all other forms of abuse. I try to get everyone to work together."

NADIA FEZZANI/ FOR METRO

Dark Guardian — New York

Dark Guardian confronts and exposes drug dealers in a N.Y.C. park. "I have seen a big difference." He also gives food and clothing to homeless people.

NADIA FEZZANI/ FOR METRO

Timber Wolf — Mississauga, Ont.

At the age of 17, Timber Wolf wanted to make his community a better place. "I just see all sorts of problems but I need the help of the people to fix them. I'm not a vigilante. I'm not beating up bad guys like in comic books." He wears a mask as a symbol for peace.

NADIA FEZZANI/FOR METRO

Hazmat CitizenCrusader & Nightingale CfourOracle — Portland, Ore.

Hazmat and Nightingale perform homeless outreach and raise funds for charities like March of Dimes and shelter refurbishment. "We also participate in neighborhood-watch activities to a lesser extent, due to a low crime rate locally."

NADIA FEZZANI/ FOR METRO

Wildrose wilts. Tories dynasty stands to reach record 45 years

Alberta's Progressive Conservatives became the unconquerable colossus of Canadian politics Monday as they handily held off a right-wing rival to win a 12th straight majority and guarantee a record 45 consecutive years in power.

Premier Alison Redford's team was on track to take 61 of 87 seats in the provincial election compared with 18 for Danielle Smith's Wildrose party.

The victory flew in the face of polls that had Redford's party trailing the Wildrose for much of the campaign.

Redford stood for a moment on the stage at her Calgary headquarters before her victory speech and surveyed her cheering supporters. Her first words were simply: "Oh my. Oh my."

"Today, Alberta, you spoke, and you spoke loudly," she said.

"And I want you to know I heard you."

She said the election was about a choice "to put up walls or build bridges."

"It was a choice about Alberta's future, and Albertans chose to build bridges."

The Tory dynasty, which began in 1971, will soon surpass the Nova Scotia Liberals of 1882-1925 (43 years) and the 1943-1985 Ontario PCs (42 years).

Redford's team appeared to benefit from soft Liberal supporters who switched to the Tories in a strategic swing. In the final week there were suggestions homophobic and racist comments made by two Wildrose party candidates would translate into an intolerant government restricting the rights of women and minorities.

Raj Sherman's Liberal party, which had been the official Opposition heading into the campaign, saw its vote collapse into single digits, giving Tories back the votes lost to the Wildrose.

Smith won her first seat in the legislature, in Highwood south of Calgary. She remained upbeat in her concession speech to supporters in High River. "Albertans have decided that Wildrose might need some time to establish ourselves, and I relish the opportunity," Smith said.

Brian Mason's NDP doubled his party caucus to four — all in Edmonton. **THE CANADIAN PRESS**

Oda repays taxpayers for upgrading her hotel

Conference on immunizations. Minister pays after media queries about her re-booking into a hotel at a much higher cost

International Development Minister Bev Oda repaid taxpayers Monday for the cost of rejecting one five-star hotel in London, England, and re-booking at a swankier establishment at more than double the rate.

Oda's office revealed the reimbursement about eight hours after The Canadian Press first reported the hefty lodging bills, and three days after the agency began asking questions about the expenses.

Spokesman Justin Broekema said Oda paid the fee difference between the two hotels, as well as the cancellation fee at the first one.

Oda was originally supposed to stay at the Grange St. Paul's Hotel, site of the conference on international immunizations she was attending.

Instead, she had staff re-book her into the posh Savoy overlooking the Thames, an old favourite of royalty and currently owned by Prince Alwaleed of Saudi Arabia.

The switcheroo is reminiscent of a controversial trip six years ago, when Oda rejected a minivan for transportation and opted for a limousine instead.

She reimbursed taxpayers for some of those costs after that story emerged in the news media.

Oda had a luxury car and driver in London shuttling her between conference site, her new hotel and beyond at an average cost of nearly $1,000 a day. There was no indication from her office whether any of those travel costs were reimbursed.

The bill for three nights at the Savoy last June set back taxpayers $1,995, or $665 a night. The government still had to pay for a night at the hotel she rejected, costing an additional $287.

A juice Oda expensed from the Savoy cost $16.

Oda has been criticized for champagne tastes in the past.

In 2006, she used limousines to ferry her to and from the Juno Awards ceremony in Halifax, racking up $5,475 in bills. **THE CANADIAN PRESS**

Champagne tastes

"Can one night at the Savoy be justified? I suppose if you're in a high-flying rock band."
NDPer Nathan Cullen

International Development Minister Bev Oda refused to stay at one five-star hotel in London last year and re-booked elsewhere at more than double the cost. BEN FISHER/THE CANADIAN PRESS

Zimmerman released from prison, awaits trial

George Zimmerman, left, walks out of jail. He posted bail on a $150,000 US bond on a second-degree murder charge. BRIAN BLANCO/THE ASSOCIATED PRESS

In a low-key event, George Zimmerman was released from a Florida jail on $150,000 US bail as he awaits his second-degree murder trial in the fatal shooting of unarmed teen Trayvon Martin.

The neighbourhood-watch volunteer was wearing a brown jacket and blue jeans and carrying a paper bag as he walked out of the Seminole County jail in the early morning darkness on Monday.

He was following another man and didn't look over at photographers gathered outside.

The two then got into a white BMW car and drove away.

Zimmerman gave no statement as he left the suburban Orlando jail.

His ultimate destination is being kept secret for his safety and it could be outside Florida.

As with the July 2011 release of Casey Anthony, the Florida woman acquitted of murder in the death of her young daughter, Zimmerman was released around midnight. But the similarities end there. Anthony was quickly whisked away by deputy sheriffs armed with rifles as angry protesters jeered her. While news helicopters briefly tracked her SUV through Orlando before she slipped from public view, there was no such pursuit of Zimmerman, who will have to return for trial.

Circuit Judge Kenneth Lester said at a hearing Friday that Zimmerman cannot have any guns and must observe a 7 p.m. to 6 a.m. curfew. Zimmerman also surrendered his passport.

Zimmerman had to put up 10 per cent, or $15,000, to make bail.

Zimmerman worked at a mortgage risk-management company at the time of the shooting and his wife is in nursing school.

A website was set up to collect donations for Zimmerman's defence fund. It is unclear how much has been raised.

Bail is not unheard of in second-degree murder cases, and legal experts had predicted it would be granted.

His attorney, Mark O'Mara, has ruled out Zimmerman getting a job while he is out on bail. And O'Mara wrote in court papers that Zimmerman "has no significant financial assets or savings." **THE ASSOCIATED PRESS**

Secret Service

Military security clearances suspended in Secret Service sex scandal

U.S. Defence Secretary Leon Panetta says the Defence Department has suspended the security clearance of military members who are being investigated for their possible roles in the Secret Service sex scandal that took place in Colombia earlier this month.

Panetta told reporters about the disciplinary action Monday en route to Colombia, where he was making a long-scheduled visit to meet with defence officials there.

It was not clear how many of the 11 military members had security clearances.

"My biggest concern is the issue of security and what could possibly have been jeopardized by virtue of this kind of behaviour," Panetta said.

Twelve Secret Service officers, as well as the 11 military members, have been implicated in the scandal. **THE ASSOCIATED PRESS**

France

Both Hollande and Sarkozy likely to reach out to the fringe for support

Socialist Francois Hollande and conservative Nicolas Sarkozy are going head-to-head in France's presidential runoff, but a third figure looms large in the campaign: The leader of the nation's far-right National Front.

Nearly one in five French voters cast their ballot in the first round for Marine Le Pen.

She wants to pull out of the euro currency, reinstate border controls, crack down on immigrants, and stamp out what she claims is the Islamization of France.

That means both Hollande, who had a slight lead in Sunday's vote, and the incumbent Sarkozy are sure to reach out to the fringe.

They will likely do it with protectionist rhetoric at a time when Europe is seeking steady leadership from France to help lead it out of its debt crisis. Wooing the extremes will likely occupy much of the remaining campaign; how they divide their support holds the key to who wins. **THE ASSOCIATED PRESS**

Former candidate

John Edwards trial set to go to jurors

Prosecutors and defence lawyers in the John Edwards trial were poised to begin making their case to jurors on whether the former American presidential candidate violated federal campaign finance laws.

Opening statements began Monday in Greensboro, N.C.

Edwards, 58, pleaded not guilty to six criminal counts related to nearly $1 million US in secret payments from two wealthy supporters.

Much of the money was allegedly used to hide the then-married politician's pregnant mistress during his 2008 White House campaign.

Prosecutors are expected to argue that Edwards masterminded a conspiracy to conceal his affair. Edwards' lawyers contend the payments were gifts from friends intent on keeping the candidate's wife from finding out about the mistress, Rielle Hunter, and her baby.

Elizabeth Edwards died in December 2010 after battling cancer. **THE ASSOCIATED PRESS**

Free-trade talks with EU nearing end game

Analyst's view.
Contentious parts of negotiations appear to be more difficult to crack than expected

Free-trade talks with the European Union are nearing the "end game," although the most difficult issues still remain on the table, the head of the EU council said Monday.

Pia Olsen Dyhr, the Danish trade minister and president of the council, said she was optimistic a deal could be struck within six months.

"We are actually at the end game. At the moment we have finalized 75 per cent. It's been one of the most forthcoming negotiations" the EU has ongoing, she told a news conference with Canada's Trade Minister Ed Fast. "I see that coming soon and we might expect within a half a year we have finalized the agreement."

Fast was more circumspect in his comments, saying progress was being made at a "satisfactory pace" and he hoped for an agreement by the end of the year.

The talks on a Comprehensive Economic and Trade Agreement would establish the most wide-ranging trade deal Canada has ever entered, encompassing not only goods, but investment and services, and provincial and municipal government procurement

Olsen Dyhr conceded the Canadian system of supply management for poultry, eggs and dairy — which Europe wants to scrap or curtail — and a mutually satisfactory definition of rules of origin have not been resolved. THE CANADIAN PRESS

Market Minute

DOLLAR 100.91¢ (+0.16¢)

TSX 11,989.10 (-158.18)

OIL $103.11 US (-77¢)

GOLD $1,632.60 US (-$10.20)

Natural gas: $2.007 US (+8¢)
Dow Jones: 12,927.17 (-102.09)

Pooches picket too

American Airlines flight attendants and supporters picket in front of the American Airlines passenger terminal at San Francisco International Airport Monday. The airline wants to, among other things, eliminate 13,000 union jobs, freeze or terminate pension plans, curb health benefits and reduce time off. PAUL SAKUMA/THE ASSOCIATED PRESS

Transformers

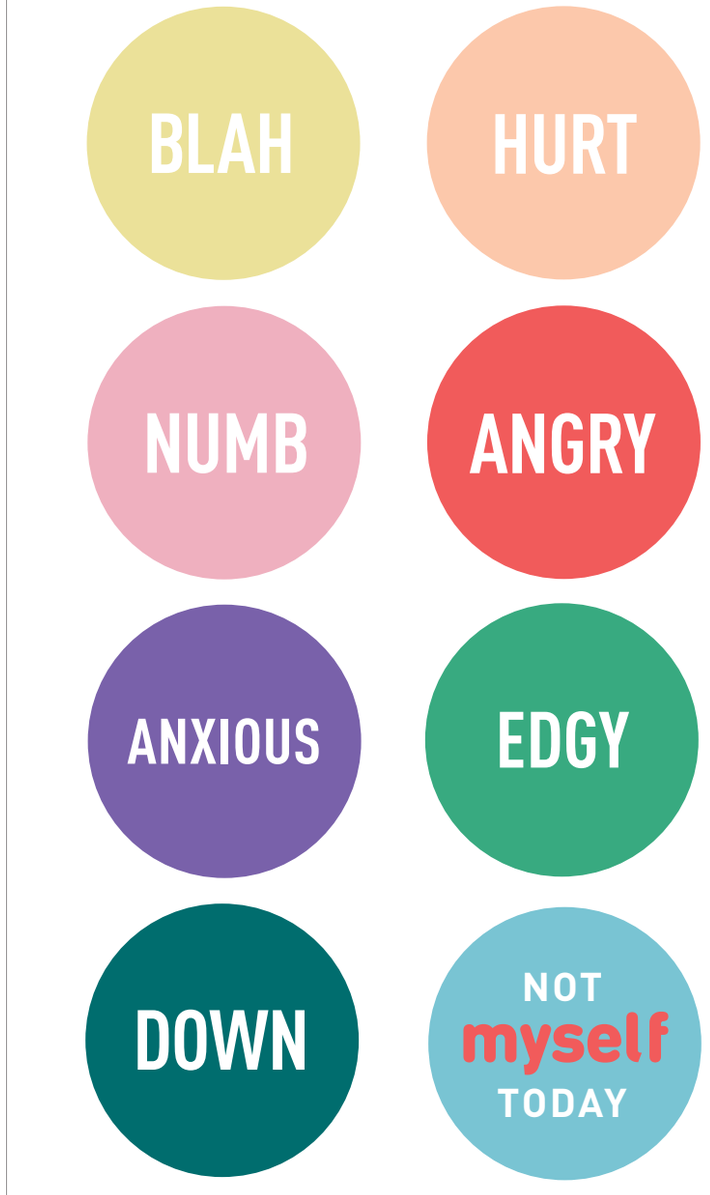
Illegal dumping investigated

The Canada Border Services Agency (CBSA) said Monday that it has launched an investigation into allegations of dumping of electrical transformers — with a top capacity of 60,000 kilovolt amperes — by South Korea.
THE CANADIAN PRESS

Medical marijuana

Canadian firm to cultivate pot?

A Canadian biotechnology company, Prairie Plant Systems Inc. of Saskatoon, wants to cultivate medical marijuana in a former copper mine in Michigan's Upper Peninsula.
THE ASSOCIATED PRESS



EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?

Paying attention to those feelings is part of dealing with your mental health. The more you look after it, the healthier your life will be. Sadly, some people live with those feelings every day. Even worse, they must live with the stigma and lack of support that goes with it. Mental health in Canada must change. It will take all of us to make it happen. Show that it matters to you, your family and your country.

TAKE THE PLEDGE AT NOTMYSELFTODAY.CA

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NETWORKING AND THE ART OF MAKING FAKE FRIENDS

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Every once in a while — and always against my will — I find myself in a situation in which I am expected to "network." The thing about being a writer is that you end up becoming very skilled at typing, not talking. Consequently, standing in a room full of other less-than-chatty individuals can be painfully awkward.

We all know the importance of networking when it comes to job seeking. Maybe you know this from experience or from a professional development class or from your know-it-all uncle who is constantly reminding you: "It's not what you know, it's *who* you know."

I know a few MBA candidates who have been required to attend mandatory networking events to brush up on their schmoozing skills. Students learn the importance of eye contact, exchange glad-handing tips and go head to head against each other in timed business-card-collecting competitions.

Too much mix, not enough mingle

These dreaded mix-and-mingle events occasionally take place at a venue with an open bar. Experience has taught me that the nerve-quashing power of free alcohol is tempting but that relying on it can be detrimental when it comes to making a good first impression.

While these formal networking exercises seem a bit superficial, business logic suggests that a stellar resumé means nothing in a world where being unconnected results in being unemployed.

Unfortunately, this is bad news for introverted folk who do not excel at small talk with strangers. I might have plenty to say in writing, but social networking in real life is an entirely different story. My idea of "working the room" is nibbling on appetizers and hiding in a corner with my smartphone until it's appropriate to leave.

These dreaded mix-and-mingle events occasionally take place at a venue with an open bar. Experience has taught me that the nerve-quashing power of free alcohol is tempting but that relying on it can be detrimental when it comes to making a good first impression.

But even with a glass of wine in hand, I have a difficult time selling myself and an even harder time listening to everyone else's elevator pitch. I always find myself wondering, do we really have to have a conversation? Can't you just follow me on Twitter?

Yes, I realize this makes me sound socially inept, but hear me out. It's not that I'm bad with people — I actually think I'm quite good when it comes to socializing — but this form of instantaneous faux-friending just isn't my specialty.

I don't know how to win friends and influence people but I do know how to nurture real friendships over a long period of time, and that's far more important.

After all, at the end of the day, life isn't really about the number of business cards in your wallet.

Solving the networking puzzle, one piece at a time. ISTOCK

One of these things is not like the other

E. LAZAREVA /FAR EAST RUSSIA ORCA PROJECT (FEROP)

Black sheep

World's first ever white orca found?

RUSSIA. Scientists have spotted what they believe to be the first ever all-white adult orca, or killer whale, off the coast of Russia's Kamchatka Peninsula in the north Pacific Ocean. The male, named Iceberg, was discovered by the international Far East Russia Orca Project (FEROP) near the Commander Islands. "He's a symbol of all that is pure, wild and extraordinarily exciting about the ocean," said Erich Hoyt, the co-head of FEROP.

METRO

Part of the pack

2 metres

Iceberg's dorsal fin, the first visible sign of this unique orca, spans two metres. He lives in a family "pod" with 12 relatives. Twelve years of research have shown that his pod is one of 61 identified orca units in the region. "This discovery is spectacular," says Hoyt, who also serves as a senior research fellow at the Whale and Dolphin Conservation Society.

60 seconds

Erich Hoyt

Is this whale albino?

We are currently not sure. We need to check his eyes for a pink pigmentation to be certain.

Is he perhaps treated differently because of his colouring?

Family bonds are very strong among orcas. There is no evidence that he is an outcast.

Is there a danger his life could be under threat?

The remoteness means he's away from human contact but recent seismic surveys for oil and gas in the region could disturb orcas in the future. This is something of concern.

You have found your white whale. Did anyone compare you to Ahab from Moby Dick?

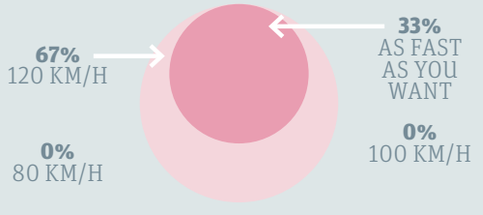
I hope not! From the time of Ahab, we have come a long way in terms of our understanding of whales.

ANTHONY JOHNSTON/METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How fast should you be allowed to drive on a large highway?



Twitter

@MidoCanuck: Thank you #Canucks. You're in my every breath till the day I die. Win or lose. Always a believer. Thank you. #GoCanucksGo!

@JordanO81: I don't give a crap about the economic impact of an early playoff exit for the #Canucks.

@Don_Rocko: For all the talk of #Canucks depth, fact remains the team got NO secondary scoring. Sedins on ice for last 4 goals of the season.

@DYeohl: @D_Booth7 @Ryan_Kesler @kbieksa3 Still proud of you guys and the rest of the team! Can't wait to see you play next season! #Canucks

@mistergoats: Everything went off the rails for the #Canucks when they got rid of Grabner. #justaddingtotheridiculousnoise

metro

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Hugh Grant is the voice of an inept pirate captain angling to be pirate of the year in The Pirates! Band of Misfits. HANDOUT

It's a pirate's life for director Peter Lord

Underdog story. In Lord's latest animated imagining, a nitwit pirate (voiced by Hugh Grant) pursues a pirate of the year award

STEVE GOW
scene@metronews.ca

Whether it's Wallace & Gromit or last year's Arthur Christmas, it seems the Aardman animation company deals in underdogs.

"I always do like those stories," said company co-founder Peter Lord recently in Toronto.

"It's definitely not part of the mandate but it does come very naturally, I have to say."

Now with his latest turn directing The Pirates! Band of Misfits (in theatres this Friday), the Oscar-nominated filmmaker brings to life another lovable nitwit in the Hugh Grant-voiced Pirate Captain — a delightfully inept swashbuckler with eyes on the Pirate of the Year award.

"The Captain is an interesting (character) because he's the underdog but he's quite blind to it," explained Lord.

"He's very unaware of what's going on around him so his complete unfittedness to be Pirate of the Year — he doesn't see at all and I find that charming. Delusion is charming."

Half of the strange allure is in the simple archetype of the pirate. For decades, seafaring buccaneers have been entertaining moviegoers of all ages — including Lord.

"It's as simple as this — kids like to see adults behaving badly," said the filmmaker. "These pirates, let's face it, they're not very dangerous, they're not going to hurt anyone. But they're disrespectful — they're a bit rowdy, noisy, fun-loving — and I think for kids it's very charming to see adults behaving that way."

The challenge of making The Pirates! was a special kind of lure for Lord specifically. His love of the craft undeniable, Lord's reasons were straightforward in returning to traditional stop-motion animation after making the computer-generated Arthur Christmas.

"A million elves, that sounds like CG," said Lord. "But a wooden tub of a pirate ship with bits falling off it and a crew of shabby rogues on board — that sounds like stop-frame to me."

Quoted

"These pirates ... they're not very dangerous. ... But they're disrespectful — they're a bit rowdy, noisy, fun-loving — and I think for kids it's very charming to see adults behaving that way."

The Pirates! Band of Misfits director Peter Lord

Comedic casting

Captain Hugh Grant

Peter Lord banked on Hugh Grant's comedic prowess when casting him as the Pirate Captain in The Pirates! "I really wanted a star for the thing. Hugh is probably the shining example of his generation of a comic actor (so) there was a kind of leap of faith there that he could do it," said Lord.

Pirate Pete

Two key films that inspired director Peter Lord:

- **Treasure Island (1950)** "Treasure Island is such a great story!"
- **Captain Blood (1935)** "There are some very great fight scenes, which we hope to use in the sequel."

DVD reviews

Contraband

Director. Baltasar Kormakur

Stars. Mark Wahlberg, Giovanni Ribisi, Kate Beckinsale

The proverbial "one last job" takes on family urgency when a former smuggling ace (Mark Wahlberg) is obliged to do a risky Panama run to save his wife (Kate Beckinsale) and kids from a vengeful drug lord (Giovanni Ribisi).

Director Baltasar Kormakur, who played the lead in the Icelandic original Reykjavik-Rotterdam, stays in close and dark in this heavily plotted drama, which doesn't really pick up steam until the final reel.

A smart tough-guy turn by Wahlberg gets good ensemble support (including Ben Foster and J.J. Simmons), all of which helps keep Contraband from being just another crime story.

So does the step-by-step procedural on the mechanics of smuggling, which perks interest even while the action threatens to flag. Extras include a director/producer commentary, deleted scenes and making-of featurettes..

PETER HOWELL

Sleeping Beauty

Director. Julia Leigh

Stars. Emilly Browning, Rachael Blake, Ewen Leslie

There are no handsome princes or enchanted forests in Sleeping Beauty. In fact, there's not a whole lot of anything, apart from carefully arrayed nudity and some kinky behaviour that daren't risk a censor's wrath. Eros snores.

This debut feature by Julia Leigh, an Australian novelist turned director, is afraid to explore the grim subject of female exploitation it meekly approaches. Extras include interviews and the movie's trailer.

PETER HOWELL

2

SCENE

Scene in brief

Giuliana and Bill expecting

Giuliana and Bill Rancic are having a baby. The child will be born later this summer via a gestational surrogate, meaning the baby will be genetically theirs but carried by another woman. Last fall, 37-year-old Giuliana announced she had breast cancer and later underwent a double mastectomy. She did not need chemotherapy. Giuliana is the host of E! News. Bill is a 40-year-old entrepreneur and motivational speaker who won the first season of Donald Trump's The Apprentice. Together, they co-star in a reality show on the Style Network called Giuliana & Bill. Much of the show has been devoted to their fertility issues.

THE ASSOCIATED PRESS

Rhoda Morgenstern memoir in the works

At last, the truth about Rhoda Morgenstern. Valerie Harper, the actress who played one of television's most beloved sidekicks, is working on a memoir called I Rhoda Book. The memoir is scheduled for January 2013 and would feature Harper's years on The Mary Tyler Moore Show and as star of the spinoff series Rhoda.

THE ASSOCIATED PRESS

On the web

Carrie Underwood, Miranda Lambert lead CMT Awards nominations

The villain speaks: Tom Hiddleston reprises his role as Loki in The Avengers

Being bad. Actor from Thor has the tough task of taking on six superheroes at the same time

NED EHRBAR
scene@metronews.ca

Actor Tom Hiddleston says he was giddy after seeing the finished Avengers at the film's premiere. HANDOUT

It takes quite a villain to require the combined forces of six superheroes — someone out of this world, perhaps. Luckily, British actor Tom Hiddleston is up to the challenge, reprising the role of the mischievous Loki from Thor, this time setting his godlike sights on Earth. We caught up with Hiddleston the day after The Avengers premiere.

How was the premiere?

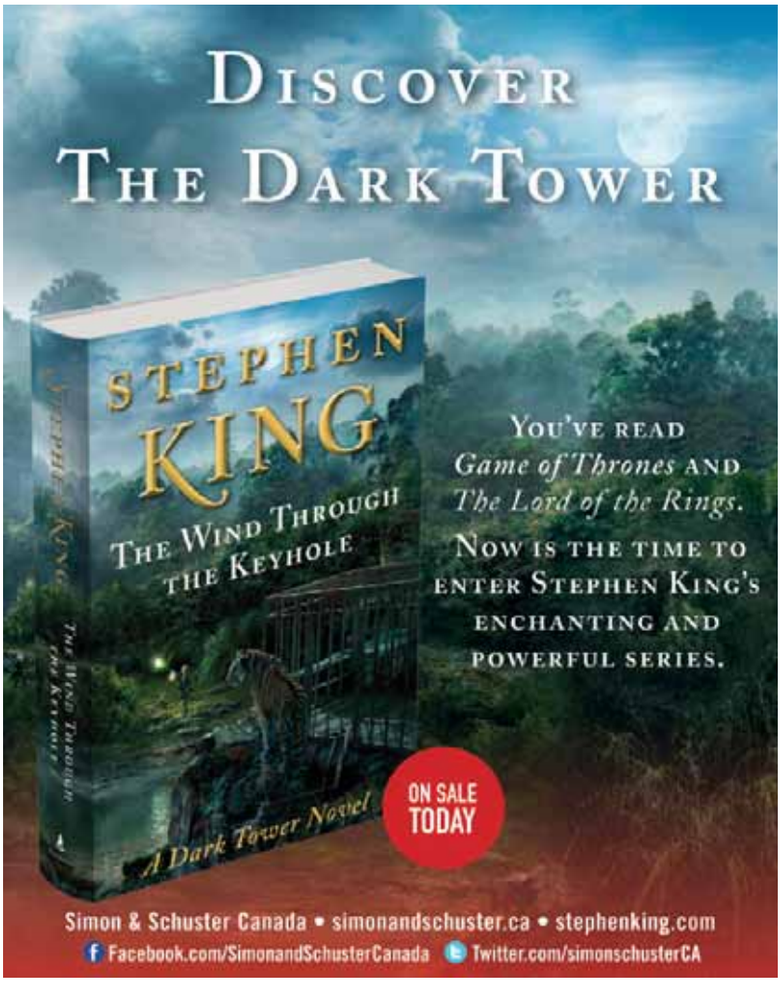
This is the first time I've been able to really talk about the film. I really only saw it for the first time myself (at the premiere), so I'm kind of giddy with it. What was the most thrilling thing for me was how much people laughed. The whole film is laced with a very particular [director Joss] Whedon humour, and I think he should be very proud of that. I remember laughing at the script, but sometimes those laughs are dissipated or diluted somehow in the shoot or the post-production. But the thrill of listening to a whole theatre laughing so loud that you couldn't hear the next line is really great.

Do you think a big summer blockbuster needs to have that balance of humour and darkness and action to really make it a big movie?

I don't know if it's a necessity. I mean, I've seen big movies that don't make you laugh. They're still fantastic, and they can move you in different ways. You know, I loved the Dark Knight, but I don't remember laughing particularly loudly at it. Is it funny? Are there laughs in it?

How is it reprising a role, but with a new writer and director? How does it compare going from Kenneth Branagh, who directed Thor, to Joss Whedon?

What's surprising to most people is that they actually have so much in common. Ken is actually a really populist cinephile. Every Friday night, he's at the pictures with his wife watching the most genre or populist thing out there. And Joss is a huge Shakespeare buff. They both have this amazing handle on what good drama is, and my good fortune is that Joss saw an early cut of Thor just as we were coming to the end of shooting and he loved it. He just really dug it.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The Word

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THE WORD
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Victoria Beckham. ALL PHOTOS GETTY IMAGES

For only $129,000, you can purchase an SUV designed by Victoria Beckham.

Because the rich don't have enough nonsense to spend their money on, Range Rover commissioned the former Spice Girl to help design a very limited edition of their new SUV, the Evoque.

Only 200 such vehicles will be made, with a price tag that is twice the cost of a regular model.

Does it matter that Beckham has zero experience in designing cars? Of course not!

"I did a lot of research — not just with cars, old and new, but boats, planes, movie stars, different locations," she told Reuters on Sunday in an interview in Beijing, where she was promoting the vehicle.

According to Reuters, the Beckham-designed vehicle features gold accents on the grille and gloss-black forged alloy wheels, as well as "vintage-inspired leather seats, rose gold-plated accents and … trimmings of black lacquer, textured aluminum and mohair."

"I want a car that reflects my personality. I'm really proud of this car," she told the Daily News.

Funny. You think a car that reflects Victoria Beckham would look eternally grumpy and be so tiny you could never fit into it.

Handler vs. Jolie rematch

Chelsea Handler

Chelsea Handler isn't letting go of her grudge. When asked in an interview with More magazine who she thinks is the opposite of a girls' girl, Handler says, "Probably Angelina Jolie. She doesn't strike me as someone I would have a close friendship with. You just know as a woman, when you see another woman, if that's a woman you can trust." Last year, Handler turned heads when she labeled Jolie "a home-wrecker."

Angelina Jolie

Sweet Katie, bah, bah, bah

Neil Diamond married his manager, Katie McNeil, this weekend in an intimate ceremony in Los Angeles, according to Us Weekly. The Sweet Caroline singer is 71, while McNeil is 42. Diamond took to Twitter last September to announce the engagement, posting, "Good news coming from sunny L.A., and you're the first I want to tell. Katie and I just got engaged, and I hope you wish us well."

Twitter

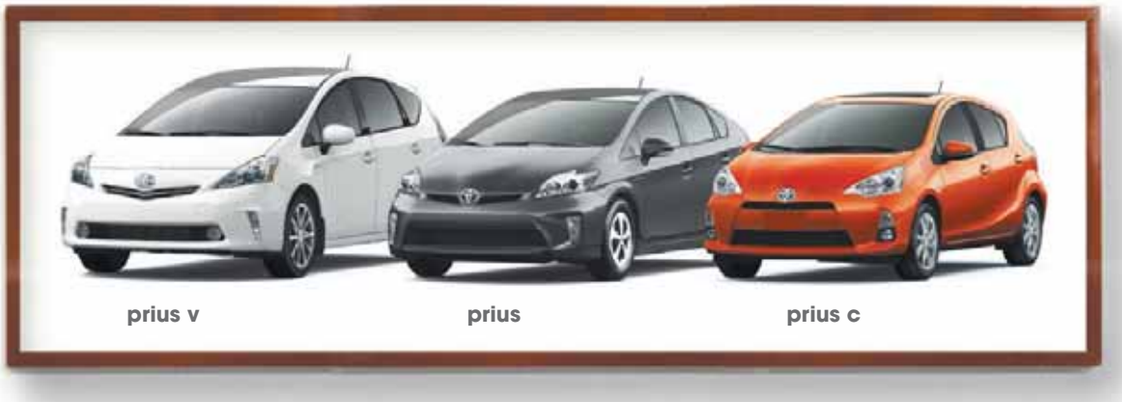
@octaviaspencer
very little tv here in Prague, so I am sure to be productive! still jetlagged. lots of rain in London

@ConanOBrien
Just heard the craziest recording of Mel Gibson speaking in calm and measured tones.

@adriengrenier
Thanks #TSA for another 'guilty until proven innocent' pat down at the airport. If we sacrifice freedom 4 safety & we sacrifice both.

@RichardDreyfuss
For the record: I thoroughly enjoyed the film Last Action Hero.

enter the pick your prius contest for your chance to win a new family member.



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3 LIFE

Controversial claim

Will new study hold water?

Thirsty? Scientists from the University of Bristol in England claim that proteins (molecules that allow us to convert food into energy, supply oxygen to our blood and muscles, and drive our immune systems) may not be dependent on water to survive and function. The controversial statement is currently challenging one of the key beliefs in chemistry.

METRO WORLD NEWS

On the web

Spiritual guru Deepak Chopra takes pointers from Oprah on her 'Lifeclass' tour

Triple threat

1 Scarlett Johansson

Having lost 10 pounds for the role in Iron Man 2, Johansson got back into kick-ass shape thanks to extensive martial arts training.

2 Robert Downey Jr.

His trainer, Brad Bose focused on resistance training using the rowing machine and treadmill and put him on a protein-rich diet.

3 Chris Evans

Evans' trainer, Simon Waterman, was told to make him look "lean, big and strong." After lots of squats and deadlifts, his body fat dwindled to 8 per cent.

Chris Hemsworth plays Thor, the hammer-wielding God of Thunder. HANDOUT

Try the Thor workout

Celebrity fitness. Want to get Thor-sized biceps and a chiseled Thor-so? His personal trainer shares secrets to getting ripped

ROMINA MCGUINNESS
Metro World News

All Gods have superhuman qualities. In Thor's case, he has superior strength and speed — and major biceps. Unfortunately, we mere mortals — including Hemsworth — have to work hard if we want to look the same, according to Mike Knight, Hemsworth's personal trainer.

"People want to be as powerful as a bodybuilder but at the same time be fast and look sleek and slender," he says. "Combining the two physical attributes isn't so easy, as it requires merging two different body types. However, it's not impossible."

To solve this problem, Knight created a system that can make you both lean and muscular.

How to get into superhero shape

Knight treated Hemsworth like an off-season bodybuilder:

"First I bulked him up and made him put on as much weight as possible. After that, I stripped off all body fat, leaving nothing but pure muscle."

PHASE ONE: The 'Building'

To reach his ideal weight of 235 pounds, Hemsworth spent 12 weeks doing classic bodybuilder exercises that included inclined presses, Turkish get-ups, windmills, bum squats and pull-ups. To add bulk, Knight integrated kettlebell weights, a great metabolic tool that builds up core strength.

According to Knight, the heavier a kettlebell, the safer.

"Never hold less than 50 pounds in each hand. Anything below that and you'll be tempted to use your arms to lift the weights. This is when you'll get hurt. When using kettlebells, you need to use your hips to do the lift," he warns.

Food for the Gods

What you eat is crucial if you want to be strong.

"Chris needed to bulk up, so it was a matter of upping his calories so that he could gain up to two pounds a week. Towards the end of training, he was eating 6,000 calories a day, but working out so much that he was burning them right off. His diet included huge quantities of grains, vegetables, lean protein and potatoes, on top of getting plenty of water and rest," Knight said.

By this point, Hemsworth was ripping through the arms of his Thor costume. Knight then had to get him back down to size.

PHASE TWO: 'Infusion' training

Once he had gained muscle, Hemsworth went on a four-week fat-loss plan.

He focused on 'infusion' training, a combination of bodybuilding and mixed martial arts. Knight devised a total-body circuit that included sledgehammers, log presses, prowler sprints and kettlebells.

"I had to get Chris moving quickly and constantly. Can't do a push-up? Hold a plank — so long as you keep doing something," says Knight.

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Only in Metro. News worth sharing.

Embrace geek genes, says autism expert Temple Grandin

Dr. Temple Grandin has been dealing with autism all her life. HANDOUT

Early signs

Some early signs of autism spectrum disorder every parent should know about their children:

- **By 6 months.** No big smiles or other warm, joyful expressions.
- **By 9 months.** No back-and-forth sharing of sounds, smiles or other facial expressions.
- **By 12 months.** No back-and-forth gestures, such as pointing, showing, reaching or waving.
- **By 16 months.** No spoken words.
- **By 24 months.** No meaningful two-word phrases that don't involve imitating or repeating.

Childhood health.
Early intervention can mean the difference between functional autism or being mentally disabled

LINDA CLARKE
Metro World News

The Centre for Disease Control in the U.S. recently announced that one in 88 American children has autism — a 78 per cent increase in cases from 2002 to 2008.

Dr. Temple Grandin has been dealing with autism all her life. She's written books and lectured widely on the subject, earning much of her insight by dealing with her own autism, a story documented in the recent Claire Danes-led HBO biopic Temple Grandin.

"If there weren't autism, we'd have no engineers, artists and scientists," Grandin, whose new book is Different ... Not Less, tells Metro. "I call it the 'geek genes.' If you look at films of mission control and the people operating the space program, it's definitely 'geek genes' at work there. Autism is a broad spectrum."

Grandin names Steve Jobs and Albert Einstein as being among the millions of people within the autistic spectrum, which ranges from mild to severe and includes variants like Asperger's syndrome and Heller's syndrome.

"Einstein didn't speak until he was three," she says.

Grandin didn't speak as a toddler either, but early intervention and therapy meant the difference between being institutionalized as mentally disabled and who she is today — a Colorado State University professor with a Ph.D. in animal science and a world-renowned livestock expert advocating humane treatment and slaughter for farm animals.

Grandin says autism is complicated, and she thinks it's caused by a mix of genetics and environmental factors such as pesticides, medications absorbed in utero and plasticides. She advocates a healthy diet and supplements such as fish oil to prevent, or ease, the severity of the condition during the early development years.

"The most important thing is early intervention," Dr. Grandin says.

"It's essential to identify the child's behavioral profile and build on their obvious skills. If they are good at art, encourage that. If they are good at math, build on that. It makes all the difference."

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Health Recipe of the week

Blueberry Italian Soda

Blueberry Syrup
1 cup **Organika® Organic Coconut Palm Sugar**
1 cup water
1 ½ cup blueberries *
Club Soda
Ice
Unsweetened Almond Milk

**Any fruit can be used to create the syrup; however, avoid citrus fruits, as the syrup will curdle the milk in the next step.*

In a pot combine all ingredients and on the stovetop bring to a boil. Reduce to simmer and cook for 10 minutes. Strain and discard the berries; set aside to cool.

Fill a glass with ice. Add the chilled blueberry syrup until the glass is ¼ full. Add club soda until the glass is ¾ full; and finish with almond milk. Stir to combine.

YUM.

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Sandwich and smoothie perfection on display at DD MAU

Grilled Lemongrass Chicken Bánh mì ($7) and Honeydew Smoothie ($4.25) ERIN IRELAND

LUNCH RUSH
Erin Ireland
life@metronews.ca

DD MAU should host a Vietnamese sandwich workshop. First lesson: Bánh mì is a Vietnamese synonym for 'bread' or 'sandwich' (in case you too considered it a specific type of sandwich, like a 'club', for example).

Ingredients that define a bánh mì are pate, cilantro, cucumber, pickled daikon and carrots, and a protein.

The Vietnamese owners of Yaletown's newest sandwich shop feature seven baguettes that adhere to their culture's culinary principles.

The Grilled Lemongrass Chicken Bánh mì is nearly floral with sweet chili aioli lathered on a fresh-from-the-oven baguette (choose from white or whole wheat). Its super savoury dark meat was tender and plentiful. You can boost flavour more by adding paté or an egg.

The sandwich was delicious, but DD MAU's Honeydew Smoothie, made with almond milk and — the magic ingredient — condensed milk, was what had me raving nonstop. And apparently it's not even the most popular flavour. Avocado takes the cake, which surely warrants a return visit.

Visiting the restaurant

DD MAU

Address. 1239 Pacific Blvd.

Website. ddmau.ca

Rating. 4/5

Price range. $

Reservations. No

Client negotiations. No

Lunch with co-workers. Yes

Quick solo lunch. Yes

Classic Cuban Pork Sandwich. Enjoy an easy to put together snack

This delicious sandwich can be enjoyed while watching a game or taking it on the run for those busy weeknights with the family.

1. Slice baguette in half lengthwise. Spread mustard on both sides of the bread. On bottom half of baguette, layer the ham, pork, cheese and pickles. Cover with other half of bread; slice in 4 equal sections. FINLANDIACHEESE.COM/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE VISIT, EMILYRICHARDSCOOK.CA)

Ingredients

- 4 oz (125 g) sliced peppered or herbed deli ham
- 4 oz (125 g) thinly sliced cooked pork loin
- 8 slices Gouda cheese
- 1/4 cup (60 mL) grainy mustard
- 1/2 cup (125 mL) sliced dill pickles
- 1 ciabatta loaf or vienna style baguette

Advice

In search of polygamy

Dear sisters,
My girlfriend and I have been together for more than two years and I think she's the woman I will end up marrying, but I still find myself wanting other women — to satisfy other parts of me. We've talked about having an open relationship and we're both into the idea. How do you suggest we approach this without destroying what we have?
Polyconfused

TWO SISTERS
Andrea and Claire
Life@metronews.ca

Andrea: Dear Big Love,

I'm very happy to hear that you've discussed this with your significant other before engaging someone else romantically. No one likes to be included in a decision only after it's been made. The fact that your girlfriend is open to the idea in theory doesn't mean that she will be in practice — she may be just going along with what you want, not realizing the emotional consequences that this could have.

Ask yourself: are you trying to fill in "the other parts" with more women, when they aren't the answer? If the answer is "maybe" or "yes," hit the brakes and re-evaluate. If not, best of luck, sir.

Claire: Dear Poly,

Of course you still crave other women — you're human. But asking me how to have an open relationship is like asking a vegetarian to eat headcheese — I simply don't get it.

The question is: what (other) parts of you need satisfying, and how important are these needs? Are you sure you can't fulfill them together? If not, I would lay down some very clear ground rules for you both, about where, how and what you do with these other people. From what little I know, this is essential to keeping the peace.

Just be compliant, say good luck and move on

Ah, the old monetary wedding gift — in cheque form, of course. ISTOCK

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles, I recently got this mass email from a friend who just got married, and would really like to know what you think? Personally, I am offended. Thanks, Lisa

"I'm sending this message to all of you who gave us money for our wedding gift (the best gift of all if you ask me!). Some of you gave cash and some gave cheques, but I'm not sure who gave which. Of the cheques, some were made out to my maiden name and I was unable to cash them since I couldn't change my name with the bank until a few days ago (had to wait for the marriage certificate to do so). Now that I am able to cash them, I'm unable to find that special spot where I kept those cheques! If you provided us with a cheque made out to my maiden name, we would appreciate it if you could please provide us with a replacement cheque.

Dear Lisa,

Wow — what a conundrum, to say the least. I sincerely feel sorry for the bride, as I am sure she needs the money and it would help her as she starts her new married life.

However despite the bride being wrong, if by chance you gave a cheque and know that it has not been cashed, I would personally replace it and move on.

She doesn't know any better, so best to just leave it. And wish her the best as she starts her married life with her new husband.

Buying a house? Don't go to the bank

Mortgage alternative. An independent mortgage broker often has access to better rates and more flexible repayment terms

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

I sold my property last week and I'm in a mad scramble to find a new home. With my wish list in hand and a pre-approved mortgage under my belt, I'm confident I'll eventually find what I'm looking for.

Much to the chagrin of my financial planner, a bank employee, I've decided to use an independent mortgage broker rather than getting my mortgage from the bank. Based on my research, mortgage brokers often have access to better rates and more flexible repayment terms.

Mike, my broker and an old pal from university, walked me through the pre-approved application process and reviewed my commitments to the bank where my existing mortgage resides. He then shopped my application around to multiple vendors and came back less than 24 hours later with a rock-bottom rate.

An independent mortgage broker isn't tied to any financial institution and instead works on your behalf, rather than the lender.

Because they are not employees of a lending institution, mortgage brokers are not limited in the products they can offer you.

They can seek out the best mortgage options to suit your specific situation, from a multitude of lenders — banks, trusts, private companies and insurance firms. Their primary role is to provide unbiased mortgage options and advice to clients.

In most cases, mortgage brokers are free. When the broker matches a lender with a buyer and a mortgage is placed, the broker is paid by the lender based on size of the mortgage, not the rate.

If you're thinking of using a mortgage broker, choose wisely. Get referrals from trusted friends or family members. Do your research in advance of meeting with them; know about current rates and structures. That way you'll have some idea of what you're hoping to achieve and can clearly communicate it.

I love saving money, and based on my recent first-hand experience, using a mortgage broker will save me tens of thousands of dollars.

An independent broker isn't tied to a financial institution. ISTOCK IMAGES

Effecting change

Make your consumer voice heard

YOUR MONEY
Alison Griffiths
money@metronews.ca

You have tremendous power as a consumer when you use spending as leverage.

Gasoline prices recently hit $4.93 a gallon in L.A. While Republicans are trying to pin it on President Obama, something amazing is occurring: American consumers are taking action. Through a combination of driving less and purchasing more fuel-efficient cars, they're using dramatically less gas.

The mini-revolution taking place south of the border reminds us that though we often feel impotent as consumers, we do have the power to effect change. Here are three ways I'm going to make my voice heard.

1. Say no to non-recyclable plastic containers
It drives me nuts that my favourite organic yogurt comes in a non-recyclable container. I will stop buying that brand and write a letter to the company to tell them why. From my experience, smart businesses pay close attention to each missive.

2. Cut my gas consumption
I already own a five-year-old Camry hybrid and I just replaced my 10-year-old farm truck, a Toyota Tundra, with a Ford 150 equipped with the Eco boost six-cylinder engine. It tows better than the eight-cylinder and gets almost twice the gas mileage. Even so, I can conserve more by cutting down on unnecessary trips, doing a longer list of errands each time I'm out and easing up on my pedal-to-the-metal tendency.

3. Deep six the phone companies
I'm sick of expensive phone service, the arcane complexity of the packages and interminable waiting in telephone queues to get service. I intend to investigate alternatives such as Vonage, Skype, Convergia and MagicJack and perhaps move to a text-only cellphone package.

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THE MODERN DAY GOLD RUSH

PRICE OF PRECIOUS METAL CONTINUES TO REACH NEW HEIGHTS

There has never been a better time to cash in on your gold jewelry, coins and other pieces. Here are some things you should consider before selling your gold.

WHY SHOULD I SELL MY GOLD?

• You need the money.
• You have a piece of jewelry that is damaged or broken. For example, you have earrings without mates, a brooch with a clasp that no longer closes, an old watch that no longer tells time accurately, or a chain that is too twisted and kinked to wear.
However, if you have any sentimental attachment to your jewelry, you shouldn't sell it.

OK, I'M READY TO SELL. NOW WHAT?

• Know the current price of gold, and the weight and gold percentage of the pieces you want to sell.
• Know how the process works. If a company wants you to leave jewelry for evaluation, make sure you get a detailed receipt. Ask if the piece will be sent offsite and how long it will take to get an offer to purchase. Buyers usually pay less than the current market price for gold.
• Be wary of anyone who tries to pressure you into quick sale. Businesses that buy gold in Canada are subject to municipal law.
• Be extra cautious when selling gold over the Internet. Always speak with a company representative via telephone and ask the same questions as you would in a store.
• If your piece has gemstones, ask to keep them or get the company to buy them separately. Most companies only want the gold.
• Gold usually has a stamp identifying the percentage of gold it contains, called a hallmark. Look for these hallmarks when you are going to sell your gold: 8kt, 9kt, 10kt, 14kt, 18kt, 21kt, 22kt, 24kt, 417, 585 or 750. Gold buyers will not want pieces marked with 1/10 GF, 1/20 GF, EGP or GP.

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4

SPORTS

NHL playoffs

Rangers force Senators to Game 7

Put the upset on hold. The Ottawa Senators and New York Rangers are heading back to Broadway to decide a series that is on the verge of boiling over with emotion. Facing elimination, the Rangers played a composed game Monday and revived their struggling power play to quiet a frenzied, towel-waving crowd and edge Ottawa 3-2. It was some of the Rangers' slumbering scorers who answered the bell, with Derek Stepan, Brad Richards and Chris Kreider scoring goals during a momentum-swinging second period. Chris Neil and Jason Spezza replied for Ottawa.
THE CANADIAN PRESS

On the web

Albert Pujols got $240 million US to come to Los Angeles as a free agent in the off-season, but he has yet to hit a home run in an Angels uniform in 2012. The slugger is mired in the second longest homer-less drought of his career and that is just one of the Angels' worries. Scan the code for the story.

Vancouver's 'game wasn't good enough'

NHL. Club left to 'figure things out' as Canucks' search for Stanley Cup continues

Vancouver Canucks, from left, Chris Tanev, Kevin Bieksa, Dale Weise and Christopher Higgins, along with head coach Alain Vigneault, centre, look on from the bench after losing to the Los Angeles Kings in overtime of Game 5 on Sunday at Rogers Arena. DARRYL DYCK/THE CANADIAN PRESS

Now, the soul-searching begins for the Vancouver Canucks.

A season that began with considerable hype and hope ended Sunday in disappointment and dismay. The Canucks lost 2-1 in overtime to the Los Angeles Kings in the fifth game of their Western Conference quarter-final series.

The underdog Kings only qualified for the playoffs in the final days of the regular season. But they beat a favoured Canucks squad that finished atop the NHL standings by a decisive 4-1 count in the series.

"We're all very disappointed with how things turned out right now, and (we're) just going to step back and figure things out," said coach Alain Vigneault.

The early elimination was a sharp contrast to what Vigneault and GM Mike Gillis expected at the outset of the season. The Canucks were coming off a seven-game loss to the Boston Bruins in the Stanley Cup final, and management felt minor off-season moves and the early season addition of David Booth via trade from Florida could help them earn the additional win they needed to sip from the cup.

But questions about the team's ability to get back to the final dogged the Canucks for much of the season and they couldn't produce a response at the most critical time.

The club overcame a slow start to the season as No. 1 goaltender Roberto Luongo went through his usual October funk, centre Ryan Kesler missed the first five games while recovering from off-season hip surgery and others struggled with playoff hangovers that reduced summer training time.

Luongo regained his form as the club won 17 of its next 25 games before Christmas. When Luongo went down with an injury in late November, backup Cory Schneider played the first prolonged stretch of his NHL career and won six of the seven games he appeared in.

There were some early signs of trouble, including Daniel and Henrik Sedin struggling to put up points with consistency as they drew close attention from opponents.

But the Canucks continued to win, despite a power play that had declined considerably. It caught up to them near the end of February as the Canucks began to struggle.

Vancouver won just three of 11 games between late February and mid-March. Then Daniel Sedin was sidelined with a concussion suffered on an elbow by Chicago defenceman Duncan Keith. But a late Vancouver surge led to top spot in the West and first overall again.

In the playoffs, the Canucks were unable to benefit from home-ice advantage, losing all three of their games at Rogers Arena. Vancouver dropped the first two and went 0-for-14 on the power play while allowing two short-handed goals.

Vigneault replaced Luongo, who prevented a blowout in the first game, with Schneider for the final three contests. Schneider was steady, but the move merely raised questions about Luongo's future.

More importantly, it didn't resolve Vancouver's main problem — a continued lack of scoring.

"Both of our goaltenders did what they were supposed to do," said Vigneault. "They gave us a chance to win.

"Unfortunately, the rest of our game wasn't good enough."
THE CANADIAN PRESS

By the numbers

8 of 9

The Canucks won eight of nine games to close the regular season, but only one of the victories came against a playoff team — ironically, the Kings.

NHL. Smith's shutout sends Chicago packing

Mike Smith made 39 saves and the Phoenix Coyotes scored three times in the final period to beat the Chicago Blackhawks 4-0 on Monday night to capture their opening-round series in six games.

Oliver Ekman-Larsson scored in the second and Gilbert Brule, Antoine Vermette and Kyle Chipchura had goals in the third as the Coyotes won a first-round series for the first time since moving to Phoenix for the 1996-97 season. It is the first series triumph for the franchise since 1987 when it was still the Winnipeg Jets.

The Coyotes won all three games at the United Center and now move on to play Nashville in the conference semi-finals.

Blackhawks coach Joel Quenneville watches his team on Monday in Chicago. NAM Y. HUH/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

MLB

Explanation in Braun drug case to be shelved?

People familiar with the case say there may never be a written decision explaining why Ryan Braun's drug suspension was overturned.

The arbitrator who threw out the 50-game suspension of the NL MVP has been asked by the players' union and management to hold off giving his reasoning while they negotiate changes to their rules for collecting specimens.
THE ASSOCIATED PRESS

Clemens. Gloves come off in opening statements

Prosecutors are painting Roger Clemens as a man who told lies and tells "other lies to cover up lies" after the court seated a jury that includes seven people who said they've never heard of the seven-time Cy Young Award winner now being retried on charges of lying to Congress.

Prosecutor Steven Durham made his opening statement Monday. He called Clemens a "great baseball player" who engaged in a "story of deceit and dishonesty and betrayal" instead of acknowledging alleged use of steroids and human growth hormone.

Back in court

Roger Clemens is accused of lying when he said he never used steroids or HGH at a 2008 congressional hearing and at a deposition that preceded it. The case is back in court after a mistrial last year.

On the fifth day of the trial, the court finally seated 12 jurors and four alternates. The 10 women and six men mostly said they didn't follow baseball or know much about Clemens.
THE ASSOCIATED PRESS

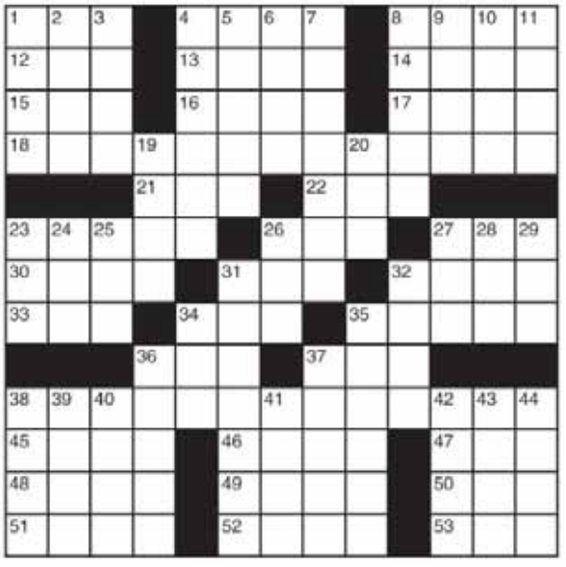
Crossword

Across

1 Wanted-poster abbr.
4 Throat clearer
8 Impale
12 In the thick of
13 Prolonged sleep
14 "The Music Man" locale
15 Put off paåying
16 Invent a word
17 Succeed at horticulture
18 TV show set in Arlen, Texas
21 Mule's daddy
22 Feedbag tidbit
23 Dangle a carrot
26 Supporting
27 Indispensable
30 Woodwind
31 Spitball
32 Jazz style
33 — -Wan Kenobi
34 Zero-star review
35 Fills till full
36 Sandy's comment
37 Shade provider
38 Pennsylvania town
45 Bloodhound's clue
46 Rings around the collar?
47 URL end
48 Unescorted
49 Apiece
50 Packed away
51 Lotion additive
52 Dispatch
53 Took off

Down

1 Uncontrollable
2 Chinese gooseberry
3 Mideast gulf
4 Approach aggressively
5 Stock footage?
6 Send forth
7 Boy's eventual status
8 Vision
9 Actress Spelling
10 MPs' captive
11 Wail loudly
19 Yawn
20 Corn spike
23 Excessively
24 Undergo recession
25 "Ostentatious? —?"
26 Enthusiast
27 DIY buy
28 Enos' granny
29 "Undeniably"
31 Brunch entree
32 Predicaments
34 Expert
35 Like wet snow
36 Correspond
37 "All My Children" role
38 Caffeine-rich nut
39 "American —"
40 Admonition to Nanette
41 Ring out
42 Cicatrix
43 Tittle
44 Congregation's cry



Sudoku

	1	3					9	
7					5		6	
6			8		9	3		
	4			8		5		9
9		2		4			1	
		6	4		2			7
	5		1					4
	9					1	2	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	9	1	7	8	5	2	6	3
2	3	7	4	6	9	1	8	5
6	5	8	3	2	1	9	7	4
1	2	6	9	3	8	5	4	7
5	7	3	1	4	6	8	2	9
9	8	4	5	7	2	6	3	1
8	4	5	2	9	3	7	1	6
3	1	2	6	5	7	4	9	8
7	6	9	8	1	4	3	5	2

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

Q IYRUQMIQAU, WYYCXAF CXJY XU LXLA'U EKQIFY YAZMFK WZI WXCCYUR, LYEXLYL UZ IQXRY UKY RUYQJR.

Yesterday's Cryptoquip: SUPPOSING YOU HAD YOUR PICTURE TAKEN BY A BIG ALASKAN BEAR, I'D CALL THAT A KODIAK MOMENT.

Today's Cryptoquip Clue: L equals D

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 14°/10° Variable
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Know what the weather will be 14 days from now.
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Horoscope

Aries | March 21 - April 20. Partners and colleagues will happily shovel more work in your direction today – and you will happily shove it back at them.

Taurus | April 21 - May 21. You will be hugely assertive over the next few days.

Gemini | May 22 - June 20. Someone may have let you down once but that does not mean they will let you down again.

Cancer | June 21 - July 22. If there is something that needs doing in your life that you feel is beyond your capabilities then call in an expert.

Leo | July 23 - Aug. 22. Try not to make a bad impression on someone you have to deal with.

Virgo | Aug. 23 - Sept. 22. This will be one of those wonderful days when everything goes right for you, even if you do the wrong things.

Libra | Sept. 23 - Oct. 22. Whatever the majority opinion happens to be at the moment you will take the opposing view, just for the fun of it.

Scorpio | Oct. 23 - Nov. 21. Do you have secret enemies? Maybe. Are they lining up to stab you in the back? Of course not.

Sagittarius | Nov. 22 - Dec. 21. Get your chores out of the way as quickly as possible.

Capricorn | Dec. 22 - Jan 20. This is potentially one of the best days of the year for you as the Sun and Mars join forces across the most dynamic angles of your chart.

Aquarius | Jan. 21 - Feb 18. Just because you don't much like someone does not mean you cannot work together on the same team.

Pisces | Feb. 19 - March 20. You have been quietly working away behind the scenes and very soon will get the breakthrough you have been hoping for. When it arrives stay calm and resist the urge to make a big thing of it. Modesty is your strength.

SALLY BROMPTON

Caption Contest

Tell Lady GaGa my beard is not for sale!
Agatha

FELIX KAESTLE/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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10K	$16.50/g
14K/DENTAL GOLD	$23.00/g
18K	$30.00/g
20K INDIAN GOLD/NUGGETS	$32.75/g
22K	$36.20/g
24K	$40.00/g
.916 GOLD COINS	$42.10/g
.999 COINS	$48.50/g

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SILVER Prices

.800 SILVER/MEXICO SILVER	$.56/g
.925 STERLING/FLATWARE	$.68/g
.999 SILVER	$.90/g
925 SILVER COINS	$.78/g
CDN COINS 66 UNDER	$.67/g
CDN COINS 67	$.54/g
CDN COINS 68	$.42/g
USA COINS 64 UNDER	$.74/g
USA 65-70	$.32/g

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18K Gold Mens .55ct Diamond
Centre Stone Ring

18k Gold Woman
.7ct Wedding Ring

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